



Photo by Yvonne Johnson

APG-ers take A.I.M. against sexual assault

Runners and walkers who participated in the Sexual Assault Awareness Month 5K Run/Walk and then signed the pledge to "Intervene-Act-Motivate" form a Human Ribbon on the Athletic Center field. Many wore teal or like-colors to remember victims of sexual harassment and violence. Check the APG News and social media sites for SAAM events throughout April. SEE PAGE 3 FOR FULL STORY.

KUSAHC hosts brain injury awareness event

By RACHEL PONDER
APG News
Esteemed experts in the field of adult, child and sports-related brain injuries spoke at a brain injury awareness event held at the post theater March 28. The interactive discussion was led by professionals from Kirk U.S. Army Health Clinic, the Brain Injury Association of Maryland and the Kennedy Krieger Institute.
KUSAHC sponsored the event in hon-

or of March being designated as Brain Injury Awareness Month. Every year 1.7 million people in the United States, including 475,000 children, sustain a Traumatic Brain Injury and 3.1 million individuals live with life-long disability as a result of TBI.
Wendy Witmer, KUSAHC's Chief of Behavioral Health Care Services, said that brain injuries do not discriminate; they can happen to anyone, anywhere, anytime. Every 16 seconds someone in the United States suffers a TBI. Repetitive head injuries, even minor ones, can have serious repercussions, including permanent brain damage or even death. Causes of brain injuries are numerous including contact sports, falls, motor vehicle crashes and combat situations.
Dr. Carolyn Caldwell, a neuropsychologist from Northern Region Medical Command and KUSAHC, said that TBI is an invisible injury, because symptoms

See TRAUMATIC, page 10

April is Month of the Military Child

Staff Report
April is the Month of the Military Child! This special celebration - a legacy of former Defense Secretary Caspar Weinberger - was established to underscore the important role children play in the Armed Forces community. During April, Army Garrisons, Child, Youth and School Services programs and Child Development Centers plan numerous events ranging from picnics and parades to recreational fairs and fun festivals - all to recognize and applaud Families and their children for the daily sacrifices they make in supporting America's Army.
APG youth, child development and family child care centers will host several events to recognize the military children of APG to give children and give parents a chance to come out and have fun with their families. Check future issues for CDC and FCC events.
APG Youth Centers
■ APG South (Edgewood) Youth Center
■ April 8, Bring your favorite collection
■ April 9, Repurpose your T-Shirt
■ April 10, Funny/Fancy Sock Day
See MONTH, page 10

Futures 11 prepares juniors for life after high school

Story and photo by RACHEL PONDER
APG News
More than 500 11th graders from Harford County Public Schools' magnet programs attended the fourth annual Futures 11 conference at Harford Community College March 27.
HCPS, HCC, Harford County Government, Harford Chamber of Commerce and the Susquehanna Workforce network teamed up to host the conference. Students had a chance to attend workshops and network with science, tech-

See STEM, page 10



(From left) Steven Dean, from the Joint Program Executive Office for Chemical and Biological Defense, greets Matthew Gengenbach from Harford Technical High School during the fourth annual Futures 11 event at Harford Community College March 29. During this event, students had a chance to attend workshops and network with science, technology, engineering and mathematics, or STEM, professionals, including several APG employees.

WEATHER
Thurs.
54°|42°

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STREET TALK

What is your talent and how do you share it with others?

I can motivate people. Currently I am taking classes to become a physical fitness trainer, and eventually I would like to teach classes. I also motivate young people. Whenever I see Freestate Challenge Academy cadets I talk to them, encourage them to stay in school. I am also serving on the school's advisory council.



Barbara Godbolt
Military Family member

I am a crafty person. I make soap out of my kitchen and sell it to others. Some people buy my soap to give a unique gift, others like it because the soap that they buy in the store irritates their skin. I use natural ingredients.



Frances Burruss
Small business owner

I love to cook. I teach a cooking class to teens in my church so that they know basic cooking skills when they move out of their parent's house. Someday I would like to teach a series of cooking classes for adults. I also cater and decorate cakes for events like weddings, baby showers, etc.



Richard Nokes
Swan Creek Inn desk clerk

I am approachable. People feel comfortable confiding in me if they have a problem, and I am a good listener.



Chaplain (Lt. Col.) Jerry Owens
APG installation chaplain

OPINION

Flight nurses critical to military history

Seventeen lost their lives during war

Department of Defense

Before World War II, the U.S. military showed little interest in using aircraft and flight nurses to evacuate wounded troops to rear areas. The global war, however, forced the U.S. Army Air Force to revolutionize military medical care through the development of air evacuation (later known as aeromedical evacuation) and flight nurses

The rapid expansion of USAAF air transportation routes around the world made it possible to fly wounded and sick service men quickly to fully-equipped hospitals far from the front lines. This revolution saved the lives of many wounded men, and the introduction of flight nurses helped make it possible.

In early 1942, airlift units in Alaska, Burma and New Guinea successfully evacuated patients using the same transport aircraft that had carried men and supplies to the front. Due to a pressing need, the USAAF created medical air evacuation squadrons and started a rush training program for flight surgeons, enlisted medical technicians and flight nurses at Bowman Field, near Louisville, Ky.

The need for flight nurses became critical after the Allied invasion of North Africa in November 1942, but the women at Bowman Field had not finished their training. Nevertheless, the USAAF sent these nurses to North Africa on Christmas Day.

On Feb. 18, 1943, the U.S. Army Nurse Corps' first class of flight nurses formally graduated at Bowman Field. Second Lt. Geraldine Dishroon, the honor graduate, received the first wings presented to a flight nurse. In 1944, Dishroon served on the first air evacuation team to land on Omaha Beach after the D-Day invasion.

Since the aircraft used for air evacuation also transported military supplies, they could not display the Red Cross. With no markings to indicate their noncombat



Graphic by Sylvia Saab

status, these evacuation flights were vulnerable to enemy attacks. For this reason, flight nurses and medical technicians were volunteers.

To prepare for any emergency, flight nurses learned crash procedures, received survival training and studied the effects of high altitude on various types of patients. In addition, flight nurses had to be in top physical condition to care for patients during these rigorous flights.

Two of those flight nurses, 1st Lts. Aleda Lutz, and Mary Hawkins, would be awarded the Distinguished Flying Cross, the second highest honor a military member can receive next to the Medal of Honor.

One of the most celebrated flight nurses of World War II, Lutz flew 196 missions and evacuated more than 3,500 men. In November 1944, during an evacuation flight from the front lines near Lyons, Italy, her C-47 transport crashed killing all aboard. Awarded the Air Medal with four Oak Leaf Clusters, she posthumously received the Distinguished Flying Cross.

On Sept. 24, 1944, Hawkins was evacuating 24 patients from the fighting at Palau to Guadalcanal when the C-47 transport ran low on fuel. The pilot made a forced landing in a small clearing on Bellona Island. During the landing, a propeller tore through the fuselage and severed the trachea of one patient.

Hawkins made a suction tube from various items including the inflation tube from a "Mae West." With this contrivance, she kept the man's throat clear of blood until aid arrived 19 hours later. All of her patients survived. For her actions, Hawkins received the Distinguished Flying Cross.

On March 22, 1945, two CG-4A gliders landed in a clearing near the bridgehead at Remagen, Germany, to evacuate 25 severely injured American and German casualties. Once the gliders were loaded, C-47 transports successfully snatched them from their landing site and towed them to a military hospital in France.

In the second glider, 1st Lt. Suella V. Bernard, who had volunteered for the mission, cared for the wounded en route. One of the first two nurses to fly into Normandy after the D-Day invasion, Bernard became the only nurse known to have participated in a glider combat mission during World War II. For this mission, she received the Air Medal.

As the flight nurse on the first intercontinental air evacuation flight, 2nd Lt. Elsie S. Ott demonstrated the potential of air evacuation in January 1943. An Army nurse who had never flown in an airplane and had no air evacuation training, she successfully oversaw the movement of five seriously ill patients from India to Washington, D.C.

This six-day trip would have normally taken three months by ship and ground transportation. For her actions on this historic flight, Ott received the first Air Medal presented to a woman, and she also received formal flight nurse training.

Eventually, about 500 Army nurses served as members of 31 medical air evacuation transport squadrons operating worldwide. It is a tribute to their skill that of the 1,176,048 patients air evacuated throughout the war, only 46 died en route. Seventeen flight nurses lost their lives during the war.

APG SEVEN DAY FORECAST

Thurs



54°|42°

Fri



57°|38°

Sat



55°|41°

Sun



60°|49°

Mon



64°|49°

Tue



65°|51°

Wed



67°|53°

APG NEWS

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APG kicks off month of sexual assault awareness events

By **RACHEL PONDER**
APG News

The APG community kicked off Sexual Assault Awareness Month with a ceremony at the Post Theater April 2. This year's SAAM theme is, "We own it ... we'll solve it ... together."

The event was attended by APG senior leadership and Director of DoD sexual assault prevention and Response Office Maj. Gen. Gary S. Patton.



Wright

Roxanne Conley of the Garrison Equal Employment Opportunity office gave the opening remarks. She said the way to prevent sexual assault is to talk about it.

"The most powerful tool we have in prevention and awareness is the spoken word," she said. "Raising awareness, showing support and educating others will lead to fewer sexual assaults."

Conley added that it was not too long ago that people felt too ashamed to talk about sexual assault.

"Sexual assault touches every aspect of your life, it is not just something you can walk away from," she said. "We are fortunate that now we are encouraged to come forward and to speak out."

APG and CECOM Commander Maj. Gen. Robert Ferrell said that senior leadership is fully committed to standing up against sexual assault.

"One incident is one too many," he said. "Treating people with dignity and respect is what it is all about."

The guest speaker was the Acting Under Secretary of Defense for Personnel and Readiness Jessica Wright. She said that sexual assault is not condoned in the Army. She challenged the audience to stop it and report it when they see an individual acting inappropriately.

"We have a sexual assault problem, we need to jump on top of it and solve it. It is incumbent on all of you to do that," she said.

The event included a video presentation of "Band of Brothers and Sisters"



Photos by Yvonne Johnson

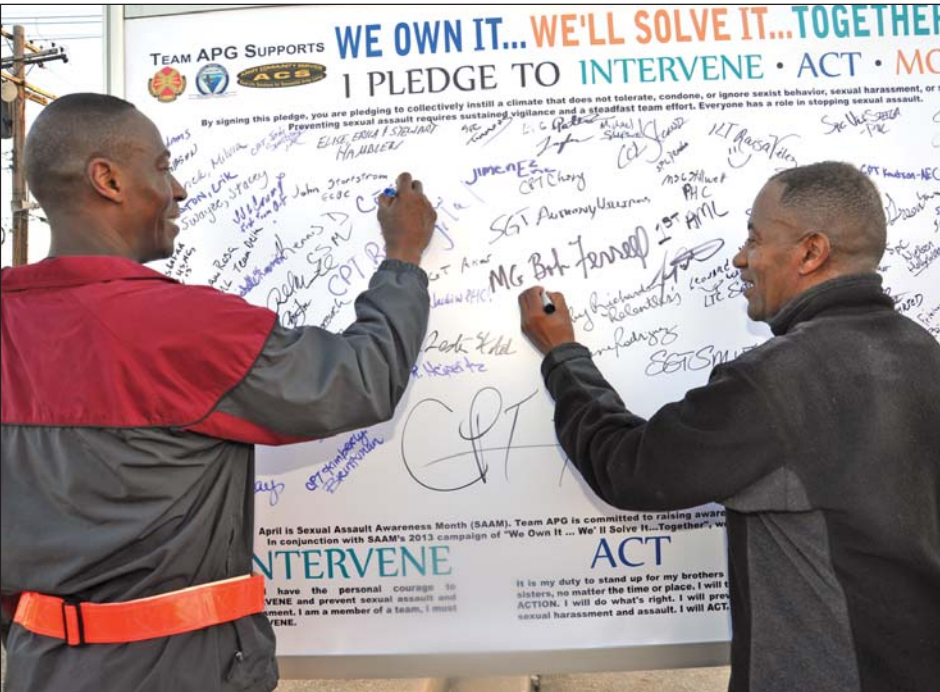
About 300 runners and walkers roll out for the inaugural Sexual Assault Awareness Month (SAAM) 5K Run/Walk at Fanshaw Field April 2; the first of a month-long series of events devoted to raising awareness and promoting prevention of sexual harassment and violence.

and the national anthem, sung by Darrell D. McCarthy, from JPEO-CBD. The invocation was given by the installation chaplain (Lt. Col.) Jerry Owens.

The SAAM events prior to the theater celebration included a 5K Run/Walk that started 6:30 a.m. at Fanshaw Field. About 300 Soldiers and civilians participated, including Ferrell and Installation Command Sgt. Maj. Kennis Dent. Afterward, participants signed the "Pledge to Intervene-Act-Motivate" board and then moved across the street to the Athletic Center field where they formed a Human Ribbon for a photo shoot. Many participants wore teal or like-colored clothing; the official SAAM color to support the victims of sexual harassment and violence and help raise awareness.

Team APG will be hosting several SAAM events throughout April. To receive the calendar of events e-mail 1st Lt. Raisa Velez, raisa.v.velez@mail.mil

To report a sexual assault, call the DoD Safe Helpline at 1-877-995-5247.



(From right) APG Senior Leader Maj. Gen. Robert Ferrell and Installation Command Sgt. Maj. Kennis Dent add their names to the "Pledge to Intervene-Act-Motivate" board during the mass signing after the 5K Run/Walk at Fanshaw Field.



Want to make a difference in how services are rendered at APG? Tell us how we can improve, or provide kudos for great service, via the Interactive Customer Evaluation system at <http://ice.disa.mil/>.

Click "Army" then "Aberdeen Proving Ground." Or check us out on Facebook at <http://on.fb.me/HzQ-low>. View the QR code to visit us immediately.

ARL employees support Maryland Junior Science, Humanities Symposium

By **JOYCE M. CONANT**
ARL

Employees from the U.S. Army Research Laboratory provided support to this year’s Maryland Junior Science and Humanities Symposium and the Collegiate Research Symposium, held at the BWI Hilton Hotel in Linthicum, Md., March 8 & 9.

The Maryland Junior Science and Humanities Symposium, or MD JSHS, is a regional competition conducted under the auspices of the national Junior Science and Humanities Symposia Program and is aimed at promoting research and experimentation in the sciences, engineering, and mathematics at the high school level. The program also publicly recognizes students for outstanding achievement and effort.

On day one, Steve Taulbee, Weapons and Materials Research Directorate, or WMRD; Dr. Mark Mentzer, and Sarah Coard, both from Survivability/Lethality Analysis Directorate, or SLAD; and Dr. Peter Plostins, WMRD, served as judges in their specialty areas judging poster and oral presentations presented by the high school students. Specialty areas included engineering, math, physical science, aerospace, medicine, health, behavioral health, environmental science, earth science, space, biology, life science, and physics.

“This event is one of the premier STEM outreach events in the Mid-Atlantic Region, offering a great opportunity to reinforce and encourage students in the region to engage in science, technology, engineering, and math education, and set their sights on future technical career paths,” said Taulbee. STEM stands for science, technology, engineering, mathematics.

Plostins volunteered to help mentor the young students.

“I think it is essential to foster a new generation of scientists and engineers for viability and foundation of the United



Photo by Tom Faulkner

The Maryland Junior Science and Humanities Symposium is a regional competition conducted under the auspices of the national Junior Science and Humanities Symposia Program and is aimed at promoting research and experimentation in the sciences, engineering and mathematics at the high school level. The program also publicly recognizes students for outstanding achievement and effort. Thirty-three students convened March 8 as part of the 2013 MD JSHS Innovative STEM Conference.

States,” said Plostins.

Those who judged the collegiate portion on day two included Taulbee; Dr. Muthuvel Murgan, Vehicle Technology Directorate; Anthony Ries, Human Research and Engineering Directorate; James Nealon, SLAD; Coard; and Dr. James Carroll, Sensors and Electron Devices Directorate.

Nealon said he volunteered to support the MD JSHS as a judge for three main reasons.

Reason one

“The first reason is to show our students that we take their effort and work seriously, and encourage this work, by listening and interviewing the students the same way we interact with our technical peers,” said Nealon. “The students get a taste of what it means to do peer-reviewed research and also to be able to present and defend a position.

“We treat them as junior colleagues, by appearing in professional dress and by asking

good (and challenging) questions,” Nealon continued. “For many students, this may be the first time they meet a scientific or engineering professional. Not all of them may want to continue in science or engineering; however, the ability to define a question, do research and defend your results is invaluable for whatever they grow up to do. We owe it to them to be supportive, challenging and encouraging, because this is how we can lead by our example and help them learn an important life skill.”

Reason two

“The second reason is to look for talented people to replace me someday,” Nealon explained. “One of the main themes used in JSHS is the need for community outreach, but our effort involves far more than this. As a judge (JSHS, or other competitions), I ‘scout the minor leagues’ for talent, inspiration, and determination. These are the kind of talented, determined people that

I want to take my place as S&E [science and engineer] professionals, senior technicians or master artisans. We owe it to our predecessors to find, nurture, and bring in the best talent to improve our organizations; they did this for us, now it’s our turn to do it for our future.

“We can’t predict the next set of breakthroughs, but we can assemble the types of talent who can make the breakthroughs happen,” Nealon said. “We can also bring in the people with the drive and determination to take the breakthroughs and put them in the field so our Soldiers can make best use of new technology. We can start this at all grade levels by showing that it’s okay to be smart; that science and math are useful for more than schoolwork; and that you can make a fulfilling, rewarding career in science or technology.”

Reason three

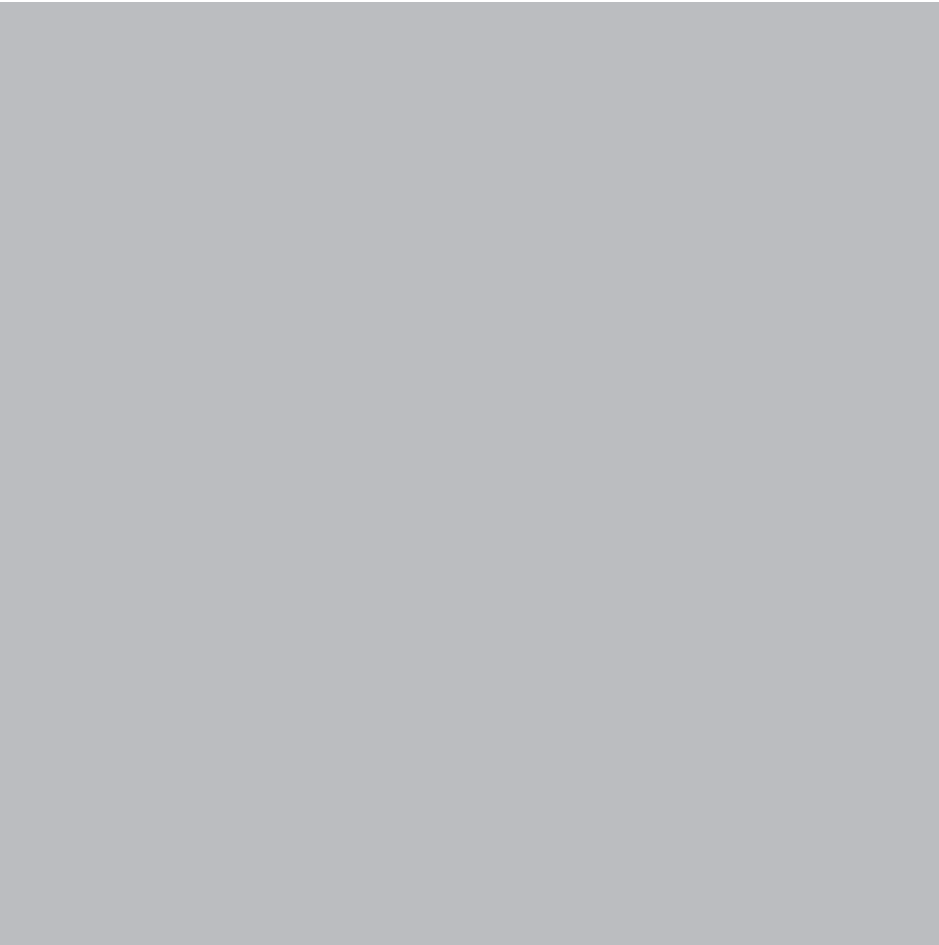
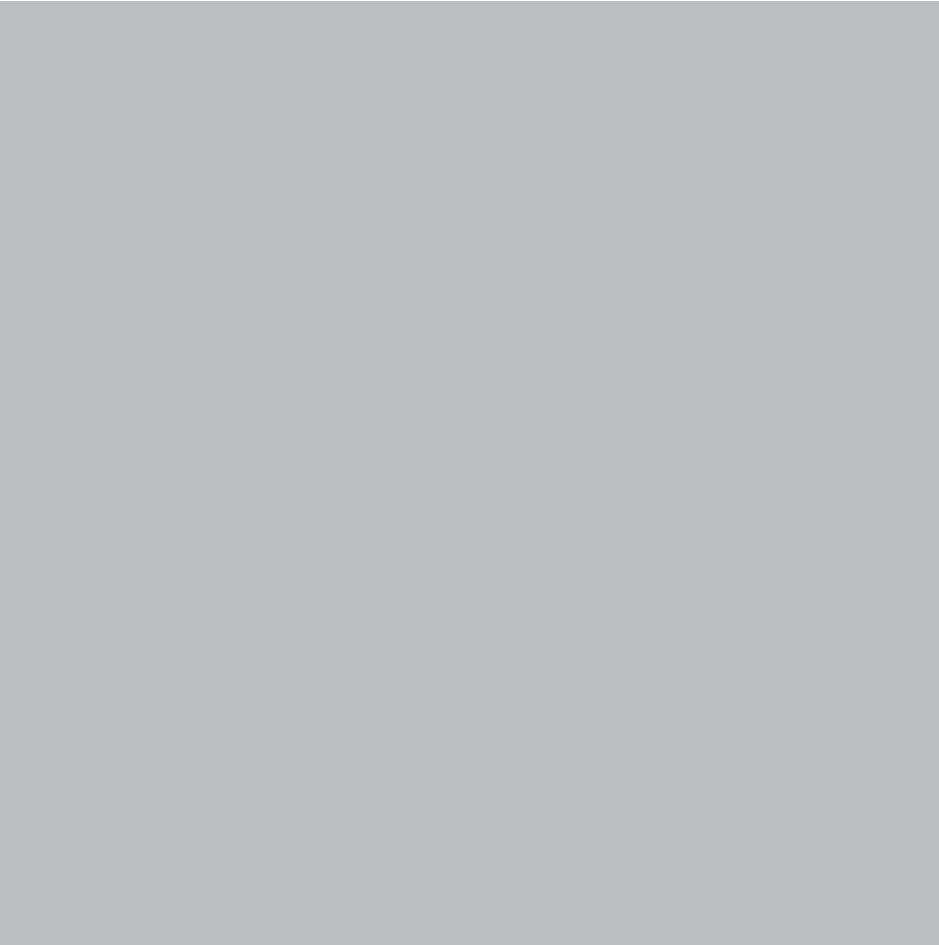
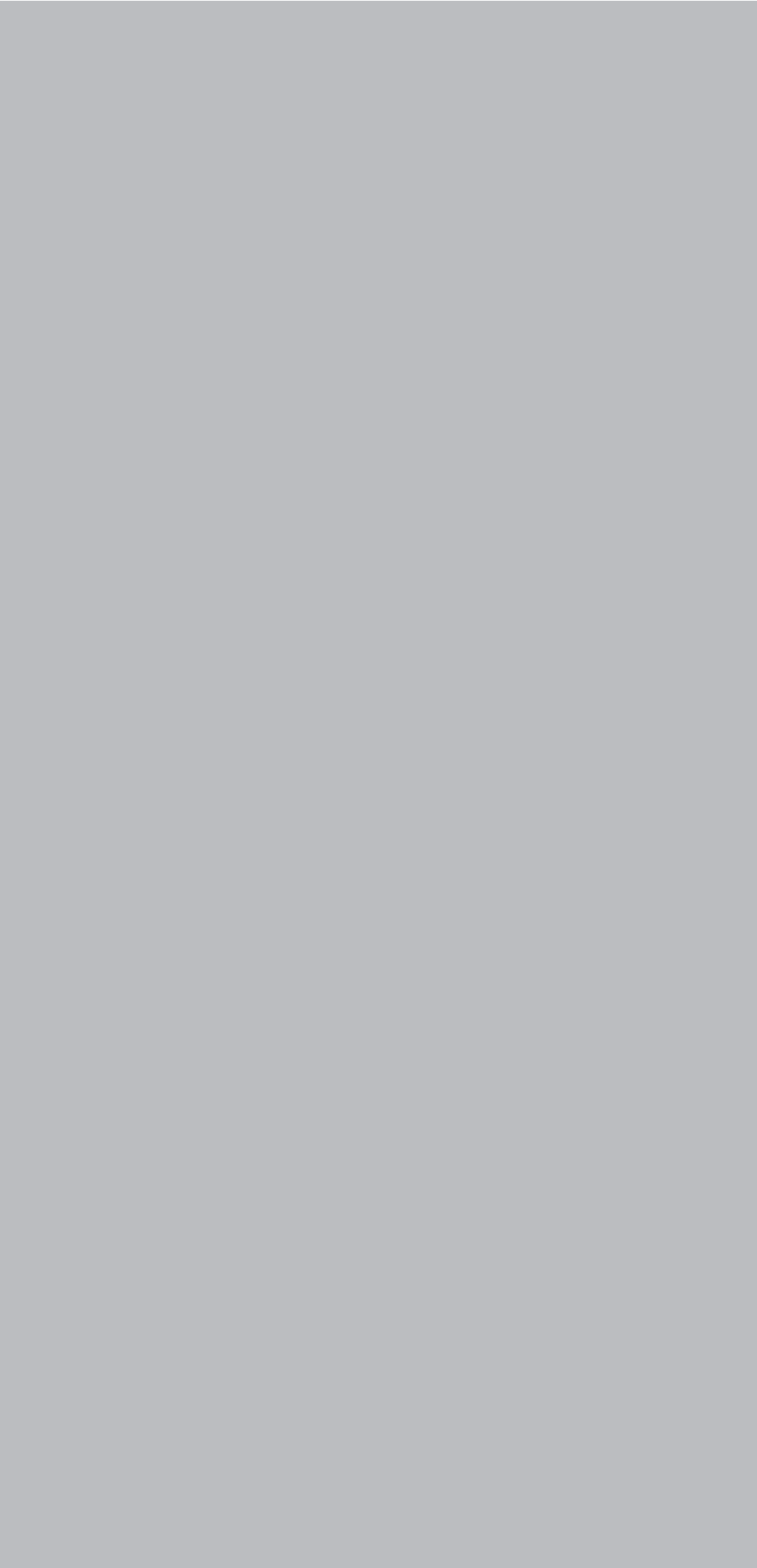
“The third reason is for encouragement and rejuvenation by the

JSHS students,” he said. “We work the leading edges of S&T [science and technology], and we encounter numerous stumbling blocks, failures or delays. It’s very draining to work leading edges and face what seem to be continuous failures or problems. The JSHS students bring in their own sets of problems, but also bring new ideas and a fresh sense of enthusiasm and curiosity. Their enthusiasm and boundless energy lets me recharge and be able to handle my own problems with a better heart.”

The two-day event concluded with a closing awards banquet where the high school and college level winners were recognized.

The Aberdeen Proving Ground team that provided support to the MD JSHS included staff from ARL, the U.S. Army Armament Research, Development and Engineering Center, U.S. Army Test and Evaluation Command, U.S. Army Communications-Electronics Command STEM, Communications-Electronics Research, Development and Engineering Center, Directorate of Public Works Environmental, U.S. Army Edgewood Chemical Biological Center, Garrison School Liaison Office, U.S. Army Research, Development and Engineering Command STEM, and the U.S. Army Public Health Command.

“The [Aberdeen Proving Ground] team continues its commitment to work together with industry, academia, and the local community to prepare students kindergarten through college for the opportunities that will become available to them in the STEM fields,” said Erica Bertoli, event coordinator, Communications-Electronics Research, Development and Engineering Center STEM Outreach. “Aberdeen Proving Ground is a diverse team made up of a wide range of STEM expertise and capabilities supporting the Soldier.”



EA South pounds LINC 93-65

Story and photo by
YVONNE JOHNSON
APG News

Like poetry in motion, the EA South basketball team dismantled its most pesky rival in a successful defense of its crown to three-peat as the APG intramural basketball post champions during the finals matchup at the APG North athletic center April 2.

Just like it’s done since 2010, the team dominated the league from start to finish, this year going undefeated throughout the regular and post-seasons.

While LINC, led by longtime coach Charles Sherer has enjoyed its own success, after winning it all in 2009, EA South has held the edge since then and shows no signs of letting up.

The EA South team has set the bar “extremely high” for the rest of the league, Sherer says.

“They’re always ready to play excellent ball and they’re a great compliment to each other,” he said. “They make my squad a better team.”

Sherer said that due to inevitable turn-overs, the team will be looking to replace some players they will lose prior to next season.

“Over the summer we’ll be looking for a few good men,” he said, adding that the 2013-2014 seasons will “find us in the hunt once again.”

EA South Coach Leroy McLean of the Directorate of Emergency Services credited his players with knowing how to “keep the pressure on.”

“I’m not concerned about our offense,

that’s what got us here,” he said during the halftime break when the team led 49-30. He said the team had to focus on defense to squash any thoughts of a comeback by LINC.

“This team and one other team challenged us throughout the season so it’s our job to take the fight from them.”

At one point in the second half, EA South was up by 30 points, leading 66-36 with 14 minutes left in the game. A refusal to go away quietly kept LINC in the game but never close enough to actually threaten the runaway train called EA South.

“These guys just play well together,” said McLean after the game was whistled over by referees with two minutes remaining for a final score of 93-65.

“They all have tremendous basketball skills,” he said. “I’m the coach but I’m more like a cheerleader.”

EA South small forward, Jason Peterson, attributed the team’s success to his teammates’ talents which he called “above average.”

“We see who’s on the court, we understand their capabilities, and how they’re gonna play. As long as we understand each other’s strengths we’re fine.”

“It was a good season, there were some good challenges and we had a good time,” added EA South point guard Jeff Pettway.

Declining to name a team MVP, McLean, who also takes to the floor when resting his players, said every player brings his own value to the team.

“I’m a fan of all of them,” he said. “When we play together, we’re all MVPs. During any given game one of us will shine.”



Dion Phillips #32, of EA South draws a crowd while dropping in a layup as (from left), LINC’s Matt McVey, #23; EA South’s Jason Peterson, #21; V.J. Beasley #13of LINC, and EA South’s Jeff Pettway, #11, move in during the intramural basketball post championship game April 2.

Team building project nets 8,613 ounces of food

By **BETSY KOZAK-HOWARD**
U.S. Army Contracting Command

A team-building project organized by members of the Army Contracting Command at Aberdeen Proving Ground, raised 8,613 ounces of food items in support of the APG-wide “Harvest for the Hungry” food drive.

The food will be donated to the Harford Community Action Agency that distributes food to homeless shelters, food pantries and after-school programs throughout Harford County, Md.

Members of the Tenant and Garrison Divisions began accepting non-perishable donations Feb. 19, with a goal to

collect 7,000 ounces of food items.

“We have 88 people within the two divisions, so we estimated that if each person brought in approximately five 16-ounce items, that 7,000 ounces would be a good goal to achieve,” explained Kirstin Hazlewood, contract specialist with the Technology Branch of the Tenant Division. “At the end of each day, we tallied the collections and kept track of our progress on our ‘Food-Drive-O-Meter.’

“By the end of our food drive on March 6, our efforts paid off and we exceeded our goal by 1,613 ounces. This amounts to about 538 pounds of food

and will provide about 400 meals for local families, she said.

Prior to the delivery of the food items, the divisions held a pep rally to reveal the donation totals and thank those who contributed.

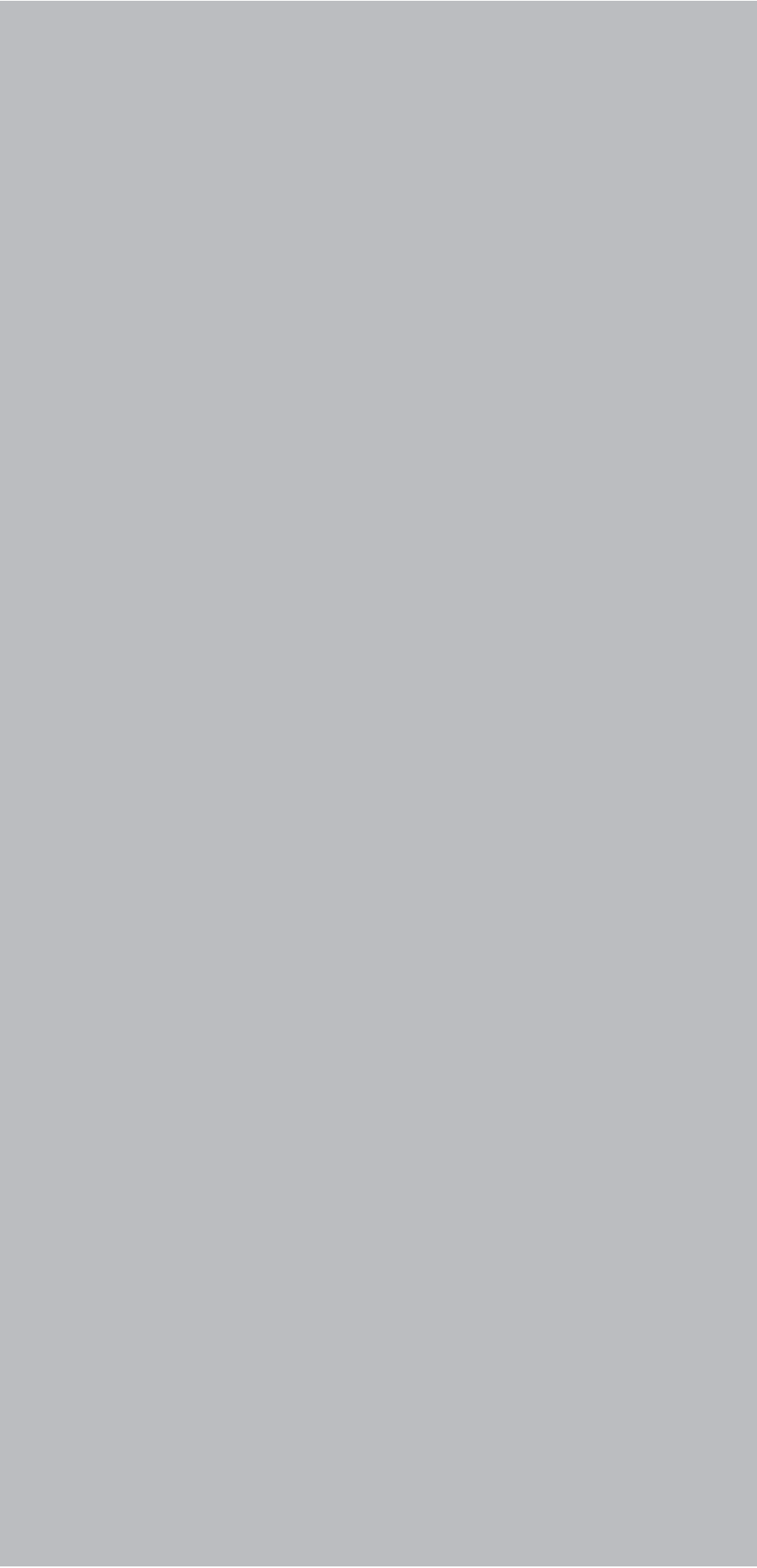
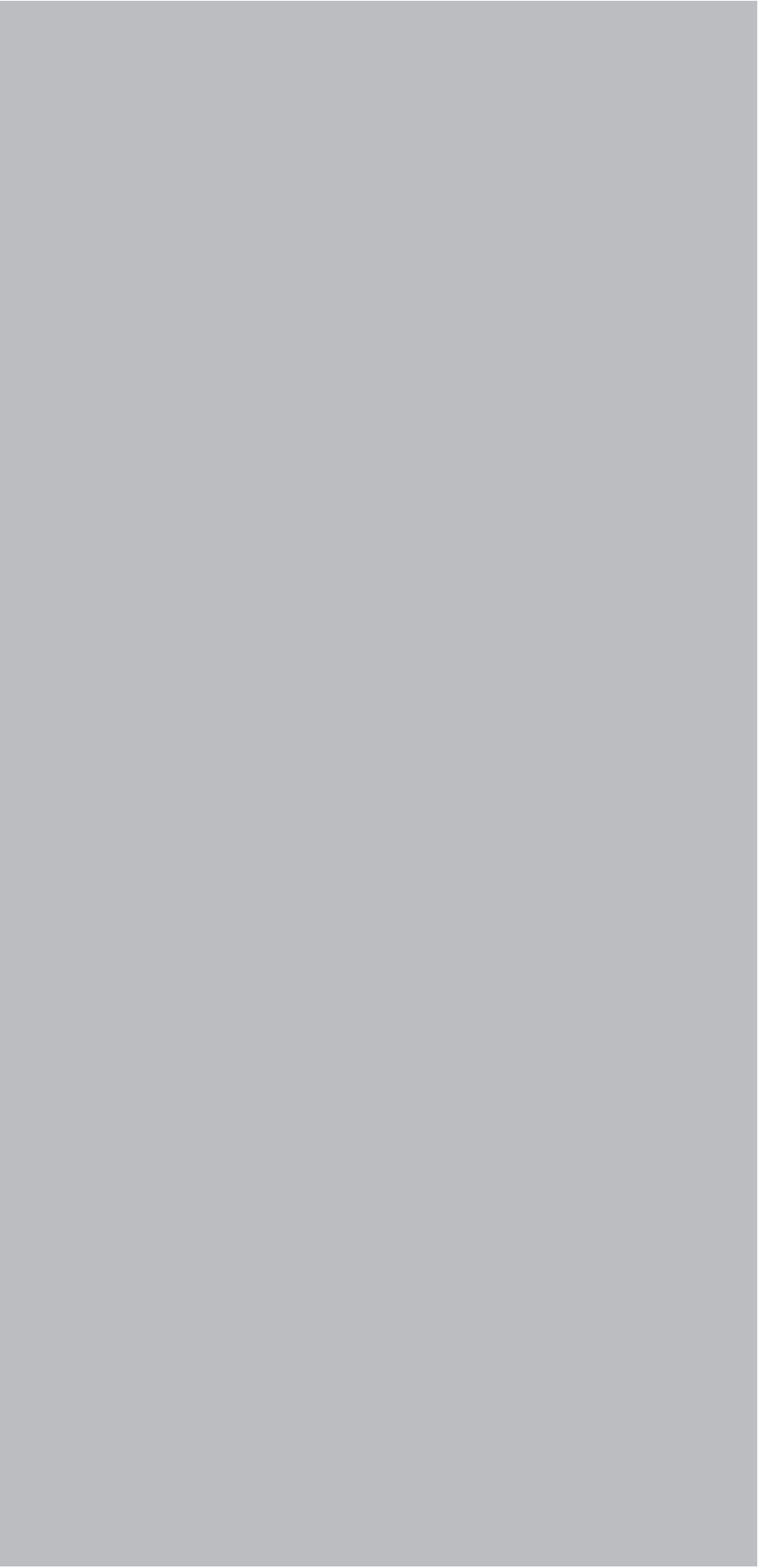
“We expressed our gratitude to everyone for coming together to support a common goal and a worthwhile cause,” Hazlewood said. “In this time of fiscal uncertainty, it is very humbling to see our divisions come together and help those who are not nearly as fortunate.”

The food drive was the first event organized by the Tenant and Garrison Divisions’ Team Building Committee.

The volunteer committee was recently formed to build camaraderie and encourage teamwork among the two divisions.

“We saw this as an opportunity to help the community while bringing us together as a team,” Hazlewood pointed out. “Since our first activity was so successful, we are planning more activities to help the community and to have fun getting to know each other.”

In addition to Hazlewood, the Team Building Committee consists of Cheryl Gloor, contract specialist, Tenant Division; Russell Estep, purchasing agent, Garrison Division; and Tyce Bell, contract specialist, Tenant Division.



MARK YOUR CALENDAR

SATURDAY
APRIL 6
COMMUNITY YARD SALE

MWR will bring in spring with Community Yard Sales in April, May and June.

The APG North (Aberdeen) recreation center, Bldg. 3326, will host the first two events Saturday, April 6 and May 4 from 8 a.m. to 1 p.m. Tables and chairs will be provided. All items being sold must be clean and in working condition. Table reservation fees are: Indoor (ballroom) - \$20 for one/\$35 for two 6-foot tables; Outdoor (patio) - \$15 for one/\$25 for two 6-foot tables.

The APG South (Edgewood) recreation center, Bldg. E4140, will host the June 1 event, also 8 a.m. to 1 p.m.

For more information or to reserve a table call 410-278-4011/4907.

SUNDAY – TUESDAY
APRIL 7 - 9
COMMISSARY CLOSURES

The APG Defense Commissary Agency (DeCA) has announced early and full closure hours for the upcoming reset. The store will close early, 4 p.m., Sunday, April 7. The store will remain closed April 8 and 9 and reopen Wednesday, April 10.

For more information contact Store Manager Tammy Spickler at 410-278-7561.

TUESDAY
APRIL 9
ALCOHOL AWARENESS SCREENINGS

April marks Alcohol Awareness Month, a nationwide campaign intended to raise awareness of the health and social problems that excessive alcohol consumption can cause for individuals, their families, and their communities. Excessive drinking is a dangerous behavior for both men and women.

The CECOM Wellness Program invites you to take part in Alcohol Awareness Screenings conducted by the APG Army Substance Abuse Program. Stop by to receive a free screening, useful information, advice, and more.

Location: MTF Lobby, Building 6008, from 11a.m. to 1 p.m.

For more information call 443-861-7910.

WEDNESDAY
APRIL 10
EXECUTIVE QUALIFICATIONS

CECOM Deputy Commander Gary Martin will give a class on Executive Core Qualifications for GS-14/15 and other pay system equivalents who are interested in developing a career in the Senior Executive Service (SES). The class will be held in the Mission Training Facility, MTF Bldg. 6008, Room 3, from 1-3 p.m. The class holds 30 personnel so sign up soon at <https://einvitations.afit.edu/inv/anim.cfm?i=145821&k=036547017956>. For more information, visit the APG Senior Manager Association at <https://www.milsuite.mil/book/groups/apg-sr-manager-group>.

UMUC GRADUATE INFORMATION SESSION

Learn all about University of Maryland University College (UMUC) graduate programs at a convenient information session held 9 a.m. – 4 p.m. at the Army Education Center, Bldg. 4305, Susquehanna Ave. Advisors will be available to discuss transfer credit (bring transcripts) and help you put together a degree plan. You can apply, register for classes, and find out how to maximize your education benefits. The \$50 application fee will be waived if you apply at the event. (The \$100 application fee for Doctor of Management cannot be waived.) Call 410-272-8269 for more information.

WEDNESDAY & THURSDAY
APRIL 10-11
IT’S A TWO DAY SPRING-TASTIC BAZAAR!

AA Rec Center, 10 a.m. – 2 p.m. Over 40 vendors! Live Entertainment! Free Samples!

Door prize drawings every half hour, and a KINDLE grand prize!

There’s something for everyone, including your pets!

Crafts for the whole family, baked goods, specialty items, jewelry, summer sports rentals and much, much more! Shop now for Mother’s Day, Father’s Day and graduation gifts. For more information, call 410-278-9451.

THURSDAY
APRIL 11
FLYING SOLO FOR SINGLES INFORMATIONAL SESSION

The CECOM Wellness Program invites all singles to attend the Flying Solo for Singles Informational Session. As a single person, a financial road map and a team of trusted advisors will make the difference to your financial well-being. In this session, Michelle Rackey, ChFEBC, Executive Director GEBA, will discuss the unique financial needs of singles. Location: Myer Auditorium, Building 6000, from noon to 1 p.m.

For more information call 443-861-7910.

APG MILITARY, CIVILIAN, COMMUNITY CLUB ‘SUPER SIGN’

Membership is open to APG Active Duty Military, civilians, contractors, retirees, volunteers, community members and their Family members. Join the group at the Top of the Bay on Thursday, April 11 from 11 a.m. – 2 p.m. For more information, visit www.apgmccc.org.

THROUGH APRIL 11
2013 ABERDEEN PROVING GROUND INSTALLATION TAX PROGRAM

APPOINTMENTS REMAIN AVAILABLE FOR SIMPLE TAX PREPARATION

Tax preparation will consist of SIMPLE tax returns and will be prepared by APPOINTMENT ONLY through the remainder of the tax season which will conclude on APRIL 11, 2013.

Eligible clients interested in simple tax preparation will be required to visit the CSD office located in building 4305, third floor, room 317, on Tuesdays, Wednesdays and Thursdays, between the hours of 8:30 a.m. and 10 a.m. only, for a complete review of the individual’s tax documents. Upon review of all documents, CSD staff will provide the individual with a scheduled appointment or referral to other professional tax agencies. Tax preparation will not be provided at the time of the document review or without a scheduled appointment.

Appointments will be made on a first-come, first-scheduled basis until no appointments are available. Appointments will not be scheduled over the phone.

Inquiries regarding income tax services may be directed to the CSD staff attendant at 410-278-1583. Calls after normal operating hours, or received when the attendant is assisting other clients, will be directed to the automated information line.

APRIL 12 DEADLINE
MILITARY AND CIVILIAN COMMUNITY CLUB (MCCC) ANNUAL SCHOLARSHIP

The MCCC scholarship application window is now open. Go to www.apgmccc.org and click on the scholarship tab to view eligibility, necessary documents and other application requirements. Deadline is April 12.

For more information, call 410-306-6898.

SATURDAY
APRIL 13
D.C. CHERRY BLOSSOM FESTIVAL

The National Cherry Blossom Festival is an annual two-week event that celebrates springtime in Washington, D.C. as well as the 1912 gift of the cherry blossom trees and the enduring friendship between the people of the United States and Japan.

Attend one of Washington’s most exciting traditions. Cost is \$32 per person and the bus departs Aberdeen at 7:30 a.m. and returns at 7:30 p.m.

The parade runs 10 a.m. - noon, rain or shine. Enjoy this longstanding Washington tradition featuring floats, balloons, marching bands and other family entertainment.

Space is limited. Reserve your seats today.

TUESDAY
APRIL 16
C4ISR RESILIENCY/RELAXATION FAIR

With the stresses of the tax season, the uncertainty of sequestration, as well as gas and food prices fluctuating, the CECOM Wellness Program and the C4ISR Wellness Committee will hold the first C4ISR Resiliency/Relaxation Fair. Massage and chiropractic services; stress, financial, and anger management information; as

well as acupuncture, reflexology, hypnosis, physical therapy, and fitness information will be offered.

Representatives from Kirk U.S. Army Health Clinic’s Behavioral Health, The APG Wellness Center, Army Substance Abuse Program, and APG Family and Morale Welfare & Recreation, along with the APG Federal Credit Union, Freedom Federal Credit Union, Harford County-Dept of Community Affairs, and other local health professional will be in attendance to answer questions and about their services. Location: MTF, Building 6008-Multipurpose Room 10B, from 11 a.m. to 1 p.m.

For more information call 443-861-7910.

HOLOCAUST REMEMBRANCE CEREMONY

The Team APG Holocaust Committee will present the annual Days of Remembrance observance 10 a.m. at the Main Post Theater.

The guest speaker, Holocaust Survivor Sam Ponzak, will speak on the theme: “Never Again; Heeding the Warning Signs.”

The National Days of Remembrance are April 7-14.

For more information, contact Sheryl Coleman, ARL, 410-278-5961; Tracy Marshall, CECOM EOA, 443-861-4366; or Linda Patrick, USAPHC, 410-436-1023.

WEDNESDAY
APRIL 17
LIVING HEALTHY, LIVING WELL

Author Phyllis Bullins will present maintenance tips for folks engaged in a weight loss plan or those who are considering beginning one. This is an opportunity to speak to the woman who wrote the book on achieving a healthy weight and improving the quality of your life. The event will be held in room A 101, ATEC HQ, Building 2202, from 11:30 a.m. – 12:30 p.m.

For more information call 443-861-9260.

SPRING TECHNOLOGY EXPO

ECBC/CIO will host the 2013 Spring Technology Expo 9:30 a.m. to 1:30 p.m. at the APG North (Aberdeen) recreation center, Bldg. 3326, Erie Street. About 500 to 600 people regularly attend the biannual event that features the latest innovations in state-of-the-art technologies from vendors such as Allied Electronics; Dell Inc.; Lexmark; Motorola Solutions; Tektronix; Blind Industries & Services of Maryland; Xerox; and much more.

Attendance is free and open to all active duty, DOD, and contractor personnel with access to APG.

Refreshments will be served.

For more information, contact Mary McCully, ECBC/CIO Acquisition Team at 410-436-2626, mary.p.mccully.civ@mail.mil; or Donna Flemister, Federal Direct Access, 410-531-8559, donna@fdaexpo.com.

FRIDAY
APRIL 19
WOMEN IN DEFENSE CONFERENCE AT BULLE ROCK

The Mid-Atlantic Chapter of Women in Defense will host the inaugural Real World (RW)3 Conference 8 a.m. to 2 p.m. at the Bulle Rock Golf Club. The event features breakfast and lunch panel discussions and development workshops as well as a new speed-mentoring initiative called “Wheel of WID” that helps women of all career fields build mentor relationships. Lunch panelists include Jill Smith, technical director, U.S. Army Communications-Electronics Research, Development and Engineering Center and Suzanne Milchling, director of Program Integration, U.S. Army Edgewood Chemical Biological Center.

Amie Hoeber, former Deputy under Secretary of the Army will present “What’s a Nice Girl Like You Doing in a Job Like This?”

To register, or for more information, contact Diane Siler at 443-243-7344, e-mail her at rsvpwid@gmail.com; or visit the WID Mid-Atlantic website at www.widmidatlantic.org/Events.html.

TUESDAY
APRIL 23
HANDLING CONFLICT IN THE WORKPLACE AND PRESCRIPTION TAKE BACK

Workplaces are naturally stressful environments and personal conflicts between co-workers can be both a cause and product of this stress. Allowing stress to intensify will only further cripple the work environment. In this session, Anne Healy, Federal Employee Program Account Executive, BlueCross BlueShield, will discuss how recog-

nizing the problem and taking positive action can help solve the problem and make the office a place where you want to go each day.

Location: Myer Auditorium, Building 6000, from noon to 1 pm.

The APG Prescription/Over-the-Counter Take-Back Campaign kicks off Monday, April 22 through Friday, April 26. Please bring any expired, unused, and unwanted prescription (RX) drugs and over-the-counter (OTC) medicines to the Myer Auditorium Lobby, Bldg. 6000, 11 a.m. to 1 p.m.

WEDNESDAY
APRIL 24
NUTRITION & OBESITY PREVENTION: WHAT’S GOING ON IN THE U.S.? WHAT CAN YOU DO ABOUT IT?

Jennifer Mayer, Community Health Advocate from Johns Hopkins Priority Partners, will be the guest speaker. She will address portion sizes, FDA recommendations (My Plate) and exercise as well as provide dramatic visual aids and cooking tips. This event will be held in room A 105, ATEC HQ, Bldg. 2202 from 11:30 a.m. to 12:30 p.m. For more information call 443-861-9260

FRIDAY-SUNDAY
MAY 3-5
HAVRE DE GRACE HOSTS WAR OF 1812 EVENTS

The City of Havre de Grace will commemorate the War of 1812 invasion by British forces during a series of events over three days. Highlights include:

May 3

- 3 p.m., Arrival of Tall Ships (Pride of Baltimore II, Sultana)
- 5 to 10 p.m., Main Street 1812 Tribute for First Fridays
- 7 p.m., War of 1812 Dinner, Van-Diver Inn

May 4

- 10:30 a.m. to 3 p.m., Full event reenactment throughout town featuring Fort McHenry Fife & Drums; Star-Spangled Banner flag-raising; British reenactors landing at Concord Point Lighthouse grounds; skirmishes throughout town ending at Lock House Grounds.
- 1 p.m., Tall Ships open for tours
- 3 p.m., Military march through town to lighthouse
- 7 p.m., Ceremony with Maryland Governor Martin O’Malley at lighthouse grounds followed by The Columbia Orchestra performance and fireworks

May 5

- 7 a.m., Red Coat Run 5K race
- 10 a.m., Kayak Poker Run, register 9 a.m.
- 10:30 a.m., circa 1800 service at St. Johns Church
- Noon, Tall ships open for tours.

For more information visit the Havre de Grace Tourism website at www.hdgtourism.com or call 800-851-7756.

WOMEN’S HOME BUILD MOVED TO AUG. 3

The Federal Women’s Program committee, along with the Maryland Tri-County Chapter of Federally Employed Women, and the Women in Defense, Mid-Atlantic Chapter continue to seek team members for: A Women’s Only Home Build. The project, which is led by Harford Habitat for Humanity, has been moved to Saturday, Aug. 3 from 7:30 a.m. to 3:30 p.m.

The May 11 date has been filled by another group.

All volunteers must attend a mandatory safety class which is online and a part of the registration process. Access online registration at www.habitatsusq.org/volunteer/construction-volunteers. Registration consists of three parts:

- 1) Create a User Account
- 2) Sign a Waiver of Liability
- 3) Safety Training

Register by June 17. For more information, contact one of the following for more information:

Linda Patrick, 410-436-1023; Tracy Marshall, 443-861-4366; Sheryl Coleman, 410-278-5964; Teresa Rudd, 410-436-5501; SGT Shavonne Frank, 410-4417-2374; CPT Maritzabel Mustafaa, 410-278-3000, or Diane Siler, 443-243-7344.



MORE ONLINE

More events can be seen at www.apgnews.apg.army.mil/calendar.

Army entering period of critical investments and innovation

By **J.D. LEIPOLD**
Army News Service

The Army learned the art of adaptation throughout the last 12 years of war, but is now moving into a period of innovation that will require critical investments for the force of the future.

“Adaptation is driven by some emergency and arguably what we’ve done for the last dozen years at war,” said Lt. Gen. Keith C. Walker, director of the Army Capabilities Integration Center and deputy commander for Army Futures. “Our Army, as part of its life-cycle, was going through a period of adaptation.”

Fresh from the 2013 “Campaign of Learning” senior leader discussions in Washington, D.C., Walker said examples of that adaptation included adjusting to the modular force, the development and deployment of the mine resistant ambush protected vehicle, jammers, and the way the Army operated, Walker said.

Speaking before members of the Association of the U.S. Army, the director of the Army Capabilities Integration Center and deputy commander for Army Futures explained that the “Campaign of Learning” -- a series of war games and studies to examine Army concepts -- had up until now been focused on the mid-term future, a period up until 2020. He said it will now also be looking at “deep futures,” or 2030 and beyond, in later war games.

A future of innovation

“Right now, we are coming out of a period of adaptation and into a period of innovation,” Walker said. “How we do that, to invest in the future Army, is

“We are coming out of a period of adaptation and into a period of innovation. How we do that, to invest in the future Army, is absolutely critical.”

Lt. Gen. Keith C. Walker

Director of the Army Capabilities Integration Center and deputy commander for Army Futures

absolutely critical if we’re going to provide the nation what [it] needs when they call upon the Army.”

The general referred to several examples of past national investments, using “2013 dollars” to illustrate the cost to the nation. Included among those investments were the Manhattan Project, from 1942-1945, which saw \$4.8 billion annually; the Apollo space program, from 1961 to 1972, which received on average of \$13 billion a year; the B-2 bomber program, which cost \$4 billion annually; and the Army digitization program, which cost \$5 billion annually.

“From 2001 to 2013, the national investment in science and technology is nanotechnology, and that’s \$1.5 billion annually,” he said. “So comparatively, when you stand back and look at national investment in technology, it’s relatively low.”

Walker said that in the future, effective use of strategic land power will require a commensurate investment in technology. One example of that from the past is how in the 1990s, the Army invested in a “digital force.” Today, that investment has paid off in a way that gives Soldiers a significant advantage

over adversaries.

“Soldiers know where they are, know where their friends are, and they know where the enemy is,” Walker said. That “common operating picture” of the battlefield, he said, provides Soldiers with a significant advantage over America’s enemies.

He added that as the service transitions toward 2020, it will continue making great strides, through investments in the evolution of the network and sensors, to ensure Soldiers aren’t “surprised” by what they see on the battlefield.

And, while Walker said he also believes Special Forces Soldiers and conventional Soldiers will continue to be interdependent into the future, he acknowledges that Special Forces Soldiers on missions in Afghanistan have an advantage. Special Forces Soldiers currently have the full weight of the entire network and supporting intelligence, surveillance, and reconnaissance assets behind them. That advantage is not something conventional Soldiers presently enjoy.

“This is something we’re working on, and I think we can get there by 2020,” he said. “That has certainly been our No. 1

modernization effort.”

Walker said that while the Army is in a new period of innovation, the world is also in a new period of declining conflict -- and the Army is becoming more U.S.-based. At the same time, America has shifted its defense strategy to the Pacific region, making it an area of increased strategic interest.

“We’re at a point where should the nation need to employ us in the future, we will need to strategically maneuver ... go straight from home and somehow get into the battle space with no intermediate staging base, and in a very austere environment,” he said.

“Our force is heavy,” said. “I’m not saying we have too many tanks and Bradleys, but how do you get to the fight when you need to have the ability to do strategic maneuvering?”

Walker said it will be absolutely essential to have mobile protective firepower with significant innovation in lighter, stronger material. Without that, he said, it will be difficult to get where America’s leaders want the Army to go.

Right now, Walker said, the Army is “probably a couple of Nobel Prizes away” from having the technology it needs. But the Army’s “Campaign of Learning” effort continues to shape the way the Army thinks, and continues to guide the Army’s modernization efforts.

Walker said there will be another war game at the end of September. In December, he said, the Army will publish a “deep futures concept” to help better assess the capabilities needed to drive science and technology investment.

Aberdeen Exchange answers the call for that perfect new smart phone

By **PATRICIA DAECHER-CRUTCHFIELD**
AAFES Public Affairs

Do you watch sporting events while on the go, enjoy funny YouTube videos or just want to see the latest episode of your favorite show on DISH Network while you’re out and about?

The Exchange Mobile Center is the answer as it is equipped with the latest video-capable Smart Phones on the market.

Mobile video is a booming trend, accounting for more than half of all cellular network traffic last year while YouTube views nearly doubled. Exchange shoppers can tune in on the action at the Spring MEGA Wireless sale from April 12-25 at the Aberdeen Exchange Mobile Center. The sale is the perfect time to buy

some of the hottest new video-capable Smart Phones with 4G LTE connectivity at great prices. In addition to finding great values, shoppers can also enter for a chance to win one of three 55” TVs to be given away, along with a range of other prizes. No purchase is necessary to win, but shoppers must enter in person to be eligible.

With a selection of phones from three major cellular service providers – AT&T, T-Mobile and Verizon – shoppers can see and compare a variety of each brand’s most popular cell phones, tablets and service plans with knowledgeable associates who provide expert assistance.

Representatives from AT&T, T-Mobile and Verizon will also be available to demonstrate phones and answer questions in addition to other fun, in-store activities that are planned.

“Whether or not you’re a big video fan, this is a great time to shop and save on that hot new Smart Phone you’ve been wanting,” said Aberdeen Exchange General Manager Jonathan Bright. “The

Exchange Mobile Center at Aberdeen is the place to go to find the latest models, coolest accessories or just to ask that wireless question you’ve been wondering about.”

For more information, call 410-674-4540.

NOTE: The Army & Air Force Exchange Service is a joint non-appropriated fund instrumentality of the Department of Defense and is directed by a Board of Directors which is responsible to the Secretaries of the Army and the Air Force through the Service Chiefs of Staff. The Exchange has the dual mission of providing authorized patrons with quality merchandise and services at competitively low prices and generating non-appropriated fund earnings as a supplemental source of funding for military morale, welfare and recreation programs. To find out more about the Exchange history and mission or to view recent press releases please visit our Web site at <http://www.shopmyexchange.com>.



Research center partners with Army Health Clinic

ECBC Communications

Traveling to Australia can feel like a time warp. Sixteen hours ahead of Eastern Standard Time can result in jet lag that causes the body’s physiological responses to be out of sync with its normal circadian rhythms.

The Chemical Biological Application and Risk Reduction Business Unit of the U.S. Army Edgewood Chemical Biological Center has partnered with the Kirk U.S. Army Health Clinic to prepare personnel for the journey with safety measures to ensure optimal onsite working performance in environmental conditions halfway around the world.

“Each site that they go to, whether it is Australia, Albania or Washington, D.C., is a little bit different so sometimes there are special procedures for a particular operation,” said Lauren Abbott, a certified physician assistant at APG’s Kirk U.S. Army Health Clinic. “With this particular operation in Melbourne, they are doing some work that requires scaffolding because the height of the rooms is so tall.”

Abbott traveled to the Melbourne operation site in September with about 20 other CBARR personnel who will be supporting the Australian Department of Defence during an upcoming remediation mission. For two weeks, pre-operational set up and mock exercises were conducted by personnel who ran through several staged scenarios, including what would happen if someone had an emergency while on the scaffolding.

“What if somebody was exposed to something? Had chest pain or a heart attack? How would you get them down? We were able to run through that procedure several times and stage multiple scenarios. Safety is definitely one of the first things CBARR looks at in every type of operation,” Abbott said.

Heat stress is likely to be the No. 1 safety issue posing a threat to workers who are encapsulated in personal protective equipment for hours at a time. Abbott estimated that the average worker would be able to work effectively for four or five hours on a day when it is



44 degrees outside. However, once temperatures climb closer to 100 degrees as in Australia, the time to be able to work safely becomes significantly less. CBARR does have a heat stress plan that incorporates a work/rest cycle that compares the outside, or ambient temperatures, with humidity levels to determine how long a person can work before needing to rest.

“Essentially, the biggest thing is going to be heat stress,” Abbott said. “If they are physically fatigued, maybe they didn’t get enough sleep or are dehydrated, that can really put stress on the body. With additional respiratory equipment and physical protection gear, it can really get you tired pretty quickly. The key is to stay well-rested and drink plenty of fluids.”

Physical fitness also plays a role in how well a person can perform given tasks in challenging environments where heat stress is likely. Prior to traveling, personnel must pass a “step test” that requires stepping on a 10-inch step stool at a moderate pace for three-minute intervals. During the rest period, healthcare personnel like Abbott check their heart rates. Once cleared, this monitoring effort is replicated in the field where employees are required to wear heart rate monitors.

“That’s one of the things that ECBC and CBARR use to monitor their employees for heat stress. While they’re actually doing the operation, the workforce wears heart rate monitors so every 15-30 minutes an onsite safety officer can conduct a check to record heart rates. They can then determine if a person is getting

“It was wonderful for me as a provider to see how well everyone worked together as a team, and how much they take care of and look out for each other.

Lauren Abbott

Certified physician assistant, Kirk U.S. Army Health Clinic

fatigued or dehydrated and may need to sit for a few minutes or be pulled from the operation,” Abbott said.

About 40 CBARR personnel will support the overseas effort, but must first be medically cleared with the appropriate vaccinations like Tetanus, which will protect against infection from cuts or punctures from sharp metal objects. Hepatitis A and B vaccinations must be up-to-date to prevent illness in case of exposure to blood-borne pathogens while working with pipes for waste disposal.

According to Abbott, different countries require different vaccinations prior to entry and the destination may determine the kinds of bacterial diseases or viruses that are present in a given location. Fortunately, the Melbourne cityscape does not pose any particular threats, she said. Asbestos, however, is likely to be present at the onsite location. The mineral fiber is found in rock and soil, and because of its strength and resistance to heat, has been used in building materials. Exposure typically occurs during demolition work or building repair, when the fibers may be disturbed and released into the air. Increased exposure to asbestos may cause harmful health effects and lead to lung disease; however, the Kirk U.S. Army Health Clinic conducts extra surveillance to keep an eye on personnel health over time.

Chest X-rays are conducted on a routine basis every five years to ensure there are no health changes inside the lungs. According to Abbott, the development

of asbestos-related illnesses is unlikely due to the PPE CBARR is required to wear, including respirators, Tyvek suits and other appropriate gear that prevents the inhalation or exposure to such fibers.

Abbott has also coordinated healthcare efforts with the ADoD, and onsite medical teams will be available to treat work-related injuries in the event of an emergency. Additionally, local urgent care centers are available to workers who experience sinusitis cold-related symptoms or other acute illnesses.

The clinic provides healthcare services to different organizations on APG, but ECBC may be its biggest customer. The chemical surveillance preparation was a unique opportunity for CBARR to work side-by-side with medical personnel.

“It was really impressive. It was wonderful for me as a provider to see how well everyone worked together as a team, and how much they take care of and look out for each other to keep everybody safe. It was really a once-in-a-lifetime opportunity to be able to participate with CBARR,” Abbott said.

CBARR’s unique ability to be deployed at anytime, anywhere is made possible through the exceptional medical and chemical surveillance measures implemented by the organization to ensure the safety of its workforce and customers both home and abroad. The CBARR Business Unit performs global chemical and biological operations for customers worldwide and as a part of ECBC, serves the Research, Development and Engineering Command’s mission to deliver innovative technology solutions.

Corps of Engineers helps build ‘green’ military installation of future

Story and photo by
JOHN R. PRETTYMAN
USACE

Army and sustainability?
Using those two words in the same sentence several years ago would have probably been considered the punch line to a joke. But today, a military base that is both environmentally friendly and meets the needs of warfighters, is quickly becoming a reality.

Fort Hunter Liggett, with nearly 162,000 acres of forest, mountains and rivers, is located in Monterey County, Calif., and is one of several U.S. Army pilot installations selected to be net zero energy and net zero waste by 2020. This means the installation will create as much energy as it uses, and reuse and recover all of its waste products.

“The net zero initiative is going to provide energy security for this installation and it’s also a priority for the Army,” said Col. Donna Williams, garrison commander for Fort Hunter Liggett.

The U.S. Army Corps of Engineers is leading the way in managing construction on major energy projects at Fort Hunter Liggett and is nearing completion on the second phase of four solar microgrids.

“Phase one of the solar project was completed last year and it’s generating



Solar panel arrays form a canopy at a construction site in Fort Hunter Liggett, Calif. The site is for phase 1 and 2 of a solar microgrid project at the installation, managed by the U.S. Army Corps of Engineers Sacramento District. Phase 1, completed in April 2012, generates one megawatt of power, enough energy to power 250 to 300 homes. Phase 2, scheduled for completion in May 2013, will generate an additional one megawatt of power and is expected to be the second of four at the post. Fort Hunter Liggett is one of six pilot installations selected by the U.S. Army to be net zero energy, meaning the installation will create as much energy as it uses.

one megawatt of power. Phase two is going to add another one megawatt of power,” said Bob Roy, project engineer with the Corps’ Sacramento District.

One megawatt is enough energy to

power up to 300 homes.

Phase two is scheduled to be operational by May 2013, and like phase one, will serve the dual purpose of providing a shaded carport for military vehicles as well.

“It’s not very complicated and is a very simple conversion system,” said Roy. “The panels absorb the sunlight energy; it gets transferred into an inverter system which immediately converts it to AC energy and generates the power.”

Energy independence at Fort Hunter Liggett has both an environmental and tactical advantage.

“Prior to the installation of these solar projects, we were susceptible to power outages quite frequently,” said Roy. “That interrupts the ability to train the troops indoors and outdoors.”

In addition to Fort Hunter Liggett, the Corps of Engineers has a key role in helping the U.S. military meet its energy goals across the nation. The Corps is working with the Army and Air Force to develop 1 billion watts of renewable energy on installations by 2025, enough to power about 250,000 homes.

The U.S. Army Corps of Engineers strives to protect, sustain, and improve the natural and man-made environment of our nation, and is committed to compliance with applicable environmental and energy statutes, regulations, and executive orders. Sustainability is not only part of the Corps’ decision processes, but is also part of its culture.



Donna Jacobs Facility director of APG South CDC

Donna Jacobs is the facility director at the APG South (Edgewood) Child Development Center. She oversees the daily operation of the center, ensuring that all Department of the Army standards are met as well as meeting the developmental criteria and standards established by the National Association

for the Education of Young Children who issue the accreditation.

Jacobs manages a staff of 31 employees and meets with the program leads weekly to stay informed about center activities. She opens and closes the center so she is available to parents several mornings or evenings each week. She also ensures the

safety, health and happiness of the children and staff in the facility.

“We offer our children a comfortable, relaxed environment in which they can grow and learn,” she said.

Although Jacobs is new to this position, she has worked at the center for 15 years, 10 of which she served as assistant director. She has an associate’s degree in early childhood education and a bachelor’s degree in elementary education and business management from the College of Notre Dame in Baltimore.

“What drew me to this line of work was the frustration and anxiety that I felt in my search for quality care for my own children when they were younger,” she said. “With the majority of our children spending so much time outside of the home, the need for and importance

of quality care, guidance and education is essential.”

Jacobs said that she enjoys being able to make a difference in the lives of children.

“It is so nice to be greeted with hugs each morning and see little faces that are genuinely happy to see you!” she said. “I enjoy the fact that we are making a difference in the lives that we touch along the way. That is not to say that it’s the easiest job in the world but it is very satisfying when we can make a difference.”

The APG South CDC is located at 1901 Scully Road. Center hours are 6 a.m. to 6 p.m. To contact Jacobs, call 410-436-8361, or e-mail donna.c.jacobs.naf@mail.mil. Information about Child Youth and School Service programs can be found at www.apgmwr.com/family/youth_services.html

Traumatic Brain Injury recovery not a quick fix

Continued from Page 1

are not obvious to the outside observer. Physical symptoms include dizziness, sensitivity to light and occasional nausea. Emotional symptoms could include depression and irritability. Cognitive symptoms might include difficulty with concentration, memory loss and clouded thinking. Problems sleeping are also commonly reported.

Caldwell said some common causes of brain injury in the military population include falls, blasts, bullets, fragments hitting the brain and motor vehicle crashes. She said that it is not uncommon for deployed Soldiers to receive more than one mild brain injury, because they are at-risk for exposure to multiple blasts from mortars, rockets, IEDs, etc. With mild brain injuries, patients usually recover within a few months, but every case is different. It often takes longer to recover from new injuries when there have been multiple prior injuries.

“PTSD or depression can make recovery from the symptoms longer,” she said. “The symptoms overlap.”

Dr. Jennifer Reesman, a pediatric neuropsychologist and research scientist at the Kennedy Krieger Institute, spoke about childhood concussions. She said that laws are necessary to protect student athletes who are susceptible to concussions. Unlike professional athletes, student athletes do not have teams of medical experts available to determine injuries at games.

“For every one concussion in the NFL, there are 50,000 concussions in student-athletes,” Reesman said, quoting Dr. Gerry Gioia, from the Children’s National Medical Center.

Reesman said that it is vital for student athletes to stop playing if concussion is suspected. If the student athlete does receive a concussion they should receive written clearance from a medical professional before returning to play. “When in doubt, sit it out,” she said. “An athlete should never return to play if symptomatic.”



Photo by Rachel Ponder

(From left) Bryan Thomas Pugh from the Brain Injury Association talks with attendee Brian Frymiare, from AMSAA, during a brain injury awareness event hosted by Kirk U.S. Army Health Clinic held at the post theater March 28.

Dr. Stacy Suskauer, a physician in Physical Medicine and Rehabilitation at the Johns Hopkins Hospital and a research scientist at the Kennedy Krieger Institute, added that medical studies have shown that taking fish oil supplements can also help concussion survivors by reducing symptom duration.

Outreach Coordinator Alicia Cignatta, from the Brain Injury Association of Maryland, spoke about her experience as a brain-injury survivor. She urged the audience to contact BIAM if they or a loved one think they have experienced a concussion or a TBI. She said BIAM is a free, confidential resource and that it will help patients find the services they need to recover, such as provider listings, support groups, information and other resources.

“It helped to know that I wasn’t

alone. I realized recovering from a TBI isn’t a quick fix. Your brain needs time to recover” said Cignatta about her recovery experience. “Every recovery is different.”

For more information visit www.biamd.org, call 410-448-2924, or e-mail info@biamd.org.

Neurology Nurse Practitioner Lynne Hammel, from the VA Maryland Health Care System, said that after a TBI survivor has been cleared by a health care provider, she recommends exercising for cognitive improvement, because exercise improves cerebral blood flow. She also recommends doing relaxing activities, like yoga and meditation, to combat symptoms of anger and irritability.

Attendee Brian Frymiare, from AMSAA, said the event taught him more

about what can be done to prevent and treat brain injury and recovery times.

“I know several people that have incurred this and are dealing with it,” he said. “I know a major who is retiring because of PTSD and other issues received while deployed in Iraq and Afghanistan. Another had a massive stroke, was in the prime of his life and a major executive in a large multinational corporation and had to retire, and now has to have 24 hour care. It’s hard to see things like this and not be able to offer help. In the future I hope I will be quicker in identifying problems, help prevent them, and hopefully help those who have received brain injuries.”

For more information on this topic, contact KUSAHC’s Behavioral Health Services at 410-278-1715.

Month of the Military Child events planned

Continued from Page 1

- April 11, Stuffed Animal Day
- April 13, Parent/Child pancake breakfast, 7 to 8 a.m.
- April 15, Community service Project
- April 15-16, Military thanks-you cards
- April 16, Crazy Hair day
- April 17, Funny Had day
- April 18, Wear red, white & blue
- April 19, Make you own sundae
- April 21, Earth Day Activities all week
- April 22, Earth Day; Wear green
- April 26, Earth Day field trip, depart 1:30 p.m.

APG North (Aberdeen) Youth Center

- April 5, Purple up! Wear purple every Friday!
- April 8, Poetry Monday

- April 10, Exploring jobs and careers
- April 11, Personal Safety Tips
- April 12, Purple up!
- April 13, Nutritional Cooking Competition
- April 15, Poetry Monday
- April 18, Math is Fun
- April 19, Purple up!
- April 22, Earth Day
- April 26, Arbor Day Event, Purple up!
- April 27, 4-H Community Fair
- April 29, Poetry Monday

For more information, contact the CYSS youth centers in APG South (Edgewood), Bldg. E1902 Scully Road, at 410-436-2862/2890 or APG North (Aberdeen), Bldg. 2522 Bayside Drive, at 410-278-9061/4995.

STEM pros help students plan for future

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nology, engineering and mathematics, or STEM, professionals, including several APG employees. CECOM and APG Commander Maj. Gen. Robert Ferrell served as the event’s keynote speaker. The event was also attended by ATEC Commander Maj. Genero Dellarocco, 20th Support (CBRNE) Commander Maj. Gen. Leslie Smith and CECOM Command Sgt. Maj. Kennis Dent.

Workshop topics included entrepreneurship, problem solving, college interviews, SAT/ACT preparation, financing college, and hot jobs in Harford County.

CERDEC Educational Outreach Lead Erica Bertoli said that the event creates an opportunity for juniors to experience a professional symposium and learn how to create goals.

“The students come to the event prepared to learn, and as a member of the APG STEM team, it is exciting to interact with the future of our workforce,” said Bertoli.

Bertoli and Stacey Lambert, from CERDEC facilitated a workshop called “What’s in Your Future.” Two CERDEC engineers Glenda Mendiola and Michael Seibert shared their educational background and experiences working for the federal government. They also talked about security clearances and using social media responsibly, so it doesn’t jeopardize their career goals. “The students come to the event prepared to learn, and as a mem-

ber of the APG STEM team, it is exciting to interact with the future of our workforce,” said Bertoli.

Three CERDEC engineers, Lee Arnhold, Anthony Lambert and John Suarez, participated in the Creative Problem Solving workshop. The students were given a problem to solve and engineers served as team leaders to guide their team through the problem to completion.

Professionals from ECBC, JPEO-CBD and ARL also attended the event and gave students information about careers and internships.

“Organizations like ECBC participate in Futures 11, because we realize that it is vital to our mission to inspire, develop and attract future STEM professionals who are capable of finding solutions to our nation’s future challenges. It is critical for today’s students to know how to best prepare for tomorrow’s jobs,” said Jennifer Carroll an outreach specialist from ECBC.

Nathan Haskell from Harford Technical High School said that he learned it will take careful planning to achieve his goal of becoming an engineer. He found the scholarship and college admissions information helpful as he is starting to make financial plans for college.

“It is important to think ahead, start planning for your career in high school,” Haskell said. “There are multiple steps involved.”

Leave Donations

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For info, contact Cathy Davis at 410-306-0152 or cathy.a.davis4.civ@mail.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

Lamar-Reevey, Kellie
Pintilie, Jamie
Smith, Riquita
Solomon, Je’Neane
Woodard, Tammy
Cwiertnie, Victoria
Tignor, Linda
Luckenbill, Bryn

Moore, Carolyn
Aleszczyk, Edward
Clybourn, Angela
Szymanski, Ron
Winne, Janeen
McClintick, Jill
Smith, Deborah
Harkins, Christopher

Luce, Robert
Dull, Francis
Rodriguez, Pedro
Blair, Carolyn
Meadows, Joy
Merritt, Robert
Hoppe, Christine
Robinson, Lisa

Mason, Tonya
Digan, Margaret
Nolan, Benjamin
Best, Anja
Bialkowski, Thomas
Burke, Roosevelt
Clardy, Mark
Dunn, Paul

Ramaglia, Vanesa
Rogers, Theodore
Sumic, Angie
Holmes, Kathleen
Watters, Karen
Arnold, Daniel
Dager, Carrie
King, Safari

Park, Jessica
Smith, Deborah R.
Venetz, Samantha
Patrick, Linda
Kaley, Jessica
Robinson, Jennifer

APG SNAPSHOT

A peek at the events making news in and around U.S. Army Garrison Aberdeen Proving Ground. For complete photo coverage, visit <http://www.flickr.com/photos/usagapg/>.



Photo by Yvonne Johnson

OH, MARY DON'T YOU WEEP

The “Two Marys” bemoan the Crucifixion as the sun breaks over the distant shore during the “Drama of Easter” performance by the members of the APG Catholic, Gospel and Protestant services at Top of the Bay, March 31, Easter Sunday.



DRAMA OF EASTER

(From left) Owen Fowlkes, Felix Sanchez and Jack Pardue play Roman sentries guarding the tomb of Christ during the “Drama of Easter” presentation at Top of the Bay March 31.

Photo by Yvonne Johnson



Photo by Rachel Ponder

SPRING CELEBRATION

(From left) Tatyana Sanchez, 9, gets a face painting from Madison Matos, 10, during a spring celebration at the APG South (Edgewood) youth center March 29.



Photo by Rachel Ponder

DECORATING FUN

Rachel Thomas, 8, dyes an Easter egg during a spring celebration at the APG South (Edgewood) youth center March 29. Older students who attend the APG South youth center assisted with face paintings and other crafts and activities during the event